

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Nov. 19, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



### Bush River Road Closure

Bush River Road will be closed to all traffic at the intersection of Maryland Blvd. on Nov. 21. All traffic normally entering or leaving the restricted area via the Airfield gate (Gate 25) will be required to enter and leave the restricted area via Gate 13 at building 400. For more information call 410-306-1159.

### Noise advisory

The U.S. Army Aberdeen Test Center plans to conduct several large detonations Nov. 17 through 21, which are likely to generate sound and/or vibration outside the installation boundaries.

If weather conditions are not favorable, firing will be rescheduled.

For more information call 410-278-1147.

### KUSAHC closes for the holidays

Kirk U.S. Army Health Clinic will be closed Nov. 27 for the Thanksgiving holiday and on Nov. 28 for a training holiday and will reopen Dec. 1. Patients should plan accordingly for any medication needs.

For evenings, weekends and federal holidays, for routine medical assistance, call 410-278-1725. The Staff Duty Officer will coordinate with the Medical Officer of the Day and initiate a referral, if needed.

Without authorization, patients may be responsible for copayments for care provided at other facilities.

Since there is no Emergency Room at KUSAHC, call 911 for true emergencies.

### CFC book and movie fair Nov. 13 and 14

The first annual Combined Federal Campaign book and movie fair will be held Nov. 13 and 14 at Building 30, Top of the Bay/Down Under. Soft cover books will sell for \$.50, hard covers for \$1 or slightly more. Movies, VHS and

See **SHORTS**, page 7

## ISSUE HIGHLIGHTS

**Page 2**  
Veterans

**Page 3**  
APG youth Red Ribbon Cutting

**Page 4**  
Outdoor Journal

**Page 5**  
Commissary news

**Page 6**  
Community Notes

**Page 7**  
School Liason

**Page 8**  
FMWR

**Page 11**  
Health Notes

**Page 12**  
Safety

# Retiree Appreciation Day provides updates on benefits, APG 2012 and more



Wilfred Berube, retired military, listens while Dr. Cindy Casale, a podiatrist from Kirk U.S. Army Health Clinic, gives health advice during Military Retiree Appreciation Day held at the Aberdeen Proving Ground Recreation Center in the Aberdeen Area Oct. 18.

Story and photo by  
**RACHEL PONDER**  
APG News

Aberdeen Proving Ground welcomed 160 military retirees and their Families and provided attendees with a variety of available services and information during the Retiree Appreciation Day program Oct. 18 at the Aberdeen Recreation Center.

Retired Lt. Col. Joseph Traino, chairman of the APG Retiree Council hosted the event, and retired Sgt. 1st Class Rich Zalusky and Janet Dettwiler, APG's adjutant general, coordinated the event. The members of the newly formed 2008 APG Retiree Council present to support this event were retired Navy Lt. Ed Kreiner, retired Sgt. Maj. Drew Nobles, retired Sgt. Maj. Frank Yoakum, retired Master Sgt. Lonzie Hawkins and retired Staff

Sgt. Bernadette Kovalsick. Along with health checks and flu vaccinations, the program included displays by local, state and national organizations and remarks by Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command, and Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander.

The guest speaker was retired Lt. Col. Gary D. Quintero, deputy chief of the Army Retirement Services Office.

The program opened with the National Anthem by the U.S. Army Materiel Command Band Woodwind Quintet. Traino opened the program.

"It is a pleasure to serve as chairman of the APG retiree council. I pledge my upmost support to help retirees and Families that need assistance," he said.

Weissman provided opening remarks. "Retirees, I am honored to speak to you, and support you and your Family members. You played an integral part in making

America what it is today. Thank you for your dedication and commitment," he said. "We continue to live in freedom. You were given a job and you did it to the best of your ability, putting your lives on the line to defend our right to life, liberty and the pursuit of happiness."

Weissman also talked to attendees about base realignment and closure and APG 2012, saying that APG will continue their commitment to serve military retirees.

"We are faced with changes every day, and have seen many here at APG as we grow and transform to APG 2012," Weissman said. "We realize how important it is to keep retirees informed of those changes and how they affect your Families. That is why we are here today. We at APG are committed to taking care of the men and women who took care of us. You and your Families are an important part of our military community, you are an important part of the total Army, an important part of our

See **RETIREE**, page 13

# Hallelujah Harvest brings fall fun for APG Families

Story by  
**RACHEL PONDER**  
APG News

A group of approximately 175 participants took part in the 10th Annual Hallelujah Harvest Celebration at the Main Post Chapel on Aberdeen Proving Ground Oct. 31.

Gerri Merkel, director of religious education at the Main Post Chapel managed the event, with the help of members from the

Protestant, Gospel and Catholic congregations.

"Halloween really means 'hallows or holy eve' since it is the eve of All Saints Day," Merkel said. "During the last several years Halloween has become highly secularized and commercialized. The ghostly dress and weird masks, scary to most children, have taken away the real meaning of Halloween. Also, in some cities and towns it is unsafe for children to go trick-

or-treating, and parents are reluctant to let their children go near strangers' homes."

Merkel said that these are some of the reasons why chapel groups and Families across America have sought an alternative to Halloween. Merkel added that those that attended the Hallelujah Harvest were encouraged to bring nonperishable canned food items to help those in need.

"We wanted to get the children

involved with helping the community, while having fun," Merkel said.

At the beginning of the event, Chaplain (Capt.) James Lester, 61st Ordnance Brigade, gave a short message to attendees by carving a pumpkin and giving an illustration about how Christians can shine from within when they accept Jesus as their Lord and Savior.

See **HARVEST**, page 13

# Chief of staff discusses Army Imperatives

## Video teleconferencing brings visit to C4ISR personnel at APG

Story by  
**TIMOTHY RIDER and HENRY KEARNEY**  
CECOM LCMC

In a visit by Chief of Staff of the Army Gen. George W. Casey Jr. and his wife, Sheila, to Fort Monmouth Wednesday, the Army's senior-ranking general officer talked to Fort Monmouth leaders, its workforce and future officers about the Army's four imperatives to "restore balance" now and for the future: Sustain, Prepare, Reset and Transform.

Following a welcome by the CECOM Life Cycle Management Command Commanding General Maj. Gen. Dennis L. Via, and other senior leaders, a

command overview and a Base Realignment and Closure implementation briefing, Gen. Casey addressed approximately 500 Fort Monmouth personnel at Pruden Auditorium.

Video teleconferencing made the presentation available to numerous members of Army Team Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance, or C4ISR, personnel in Fort Monmouth's Myer Center main auditorium; the McAfee Center, Tobyhanna Army Depot, Pa.; Information Systems Engineering Command, Fort Huachuca, Ariz.; the Central Technical Support Facility, Fort Hood, Tex-

as; and at Aberdeen Proving Ground, Md.

Sheila Casey visited with senior spouses and hosted a family forum during the visit where they exchanged ideas on Army family support. Topics of the discussion included supporting special needs children, extending Montgomery G.I. Bill benefits to military family members and qualifying for in-state tuition for family members stationed for tours at Army installations.

Following his remarks, Gen. Casey discussed the four Army imperatives with U.S. Military Academy Preparatory School cadet candidates in an address in the USMAPS Auditorium.

See **CSA**, page 12

# Still time to register for blood drive Nov. 20

APG Public Affairs Office

The next Armed Services Blood Drive is scheduled for noon to 4 p.m., Nov. 20 at the Aberdeen Area Recreation Center, building 3326.

Units work in conjunction with the Armed Services Blood Bank, not the Red Cross, so the donations go directly to the Soldier and their Families.

"As most of you know," said Maj. Mathieu Petraitis, commander of Headquarters and Headquarters Company, "between the start of deployments to Iraq and Afghanistan almost seven years ago, combined with the multitude of natural disasters over the past few years, both the nation's and military's blood banks are dangerously low."

Coupled with the limitations for blood donation put on Soldiers and contractors while deployed and

after redeploying from theater, almost a full one-third to one-half of the career military force cannot give blood.

"That's why we're trying to reach out and spread the word about the local blood drives when they come up, and encourage you to participate, or at least help spread the word in your offices and units," Petraitis said. "We're asking commanders and directors to give their Soldiers and employees the time available if they do choose to participate."

**There are three ways to register for the blood drive:**

- By phone: Call Jerick Alexander, 301-295-2109.
- Online: Follow these steps:

1. Visit [www.militarylifeforce.com](http://www.militarylifeforce.com) online.

2. Create a user profile which can be found on the bottom left of the page.

3. After setting up a profile, select "find a blood drive." (Note, sometimes it take up to 24 hours for your profile to activate, if so, simply return to [www.militarylifeforce.com](http://www.militarylifeforce.com) and log on, then select "find a blood drive"

4. Under "search by zip code," enter within 25 miles of 21005 on Nov. 20.

5. It will pull up "Aberdeen Recreation," then ask for an appointment time.

- Walk-ins are welcome. Although, the advantage to calling or registering online is that donors will spend less time overall at the site and each donor will have their own appointment time.

For more information, call Petraitis, 410-278-2104.

## The power of contributing to CFC

APG CFC Office

The Combined Federal Campaign program is the authorized solicitation of employees in the federal workplace on behalf of the charitable organizations.

It continues to be the largest and most successful workplace fundraising model in the world.

With a tradition of commitment to the community through the selfless efforts of federal employees, the CFC has its roots in the many charitable campaigns on the early '60s. Seeing a need to bring the diversity of fundraising efforts under one umbrella, the CFC was created – one campaign, once a year.

In 2008 federal employees around the world raised more than \$273 million for charitable causes.

**For \$25 per pay period, an employee has the power to:**

- Empower solutions to global environmental problems.
- Provide six therapy sessions for a senior with a disability.
- Provide a metal ramp that will allow a wheelchair bound individual to roll from a pier onto a pontoon boat
- Purchase four computers with adaptive equipment for blind students.
- Buy the special material used by two scientists in one day doing the exceedingly complex research that will one day save lives.
- Provide a highly trained and experienced hotline advocate who can offer crisis intervention, information and referrals for victims of domestic violence, their friends and Family.

**For \$15 per pay period, an employee has the power to:**

- Save the life of an abused child.
- Pay for travel expenses for one disabled person going to pick up their new assistance dog partner.
- Provide a homebound AIDS patient with groceries for a full year
- Purchase a two-week stay at camp for a child with disabilities.
- Buy enough essential medicines to treat the

See **CFC**, page 4

# Women’s Army Corps veteran recognized on Veterans Day



Photo courtesy of DEPARTMENT Of VETERANS AFFAIRS  
For the past 14 years, Judy A. Fortier, right has been volunteering at the Perry Point VA Medical Center to give back to her fellow women veterans, like Lorraine Wallace, a hospitalized veteran.

*Dept. of Veterans Affairs*

For the past 14 years, Judy A Fortier, a resident of Aberdeen, Md., and veteran of the U.S. Women’s Army Corps (WAC), has maintained a connection with fellow women veterans by volunteering with her fellow Corps members at the Perry Point Veterans Affairs (VA) Medical Center, a division of the VA Maryland Health Care System.

The Corps members work closely with the volunteer coordinator and nursing staff at the Perry Point VA Medical Center to help meet the needs of newly admitted women veterans. Based on the specific needs of this veteran population, Fortier and members of the U.S. Women’s Army Corps donate items ranging from female personal care items to shoes and clothing. The members also host seasonal parties for women veterans and

spend time visiting with them and talking about their service in the armed forces.

“I have gained so much from serving in the armed forces that I want to continue to give back to my fellow women veterans,” Fortier said. “I can’t think of a better way to do this than by volunteering at my local VA medical center.”

Fortier decided to join the U.S. Women’s Army Corps when she was 18 years old. The decision to leave her childhood home in Minnesota in 1963 began an incredible chain of life-changing events. “I had no idea how much my life would change and what doors would open for me,” says Fortier.

Fortier admits that her main desire to join the armed forces was based on her determination to obtain an education and build a foundation for her future. “I knew it would be difficult for my

parents to finance college tuition for me and my sisters, so enlisting with the U.S. Women’s Army Corps seemed the logical choice for learning new skills and pursuing my educational goals in the field of medicine,” Fortier said.

While serving in the U.S. Women’s Army Corps for three years, Fortier experienced many firsts. During basic training in Fort McClellan, Ala., she studied military subjects and learned the techniques of encampment in open air, progressing to platoon leader of Bravo Company Women’s Army Corps Training Battalion. Following basic training, Fortier traveled to Brook Army Medical Center in Ft. Sam Houston, Texas, where she trained and became an honorary member of the 101st Airborne Division, Screaming Eagles who were training to become the Special Forces Medical A Team in Vietnam.

In 1964, Fortier reported to Kirk Army Hospital at Aberdeen Proving Ground for her final military assignment and her first trip to the east coast. Fortier once again excelled, passed all her boards, and became APG’s first WAC of the Year. In 1965, Fortier was selected for advanced training in cardiopulmonary technology as the only WAC assigned to the National Naval Medical Center in Bethesda, Md., and the National Institutes of Health at Bethesda. Equipped with this training, Fortier returned to Kirk Army Hospital to help establish the first cardiopulmonary testing laboratory and began work on development of the first state-of-the art coronary care unit.

Following her honorable discharge from the U.S. Army in 1966, Fortier remained at Kirk Army Hospital as a civilian federal employee. Her career included opportunities to work in APG’s Human Engineering Laboratories; to train in industrial hygiene at the Army Environmental Hygiene Agency; investigate and evaluate health hazards in the workplace; and eventually to the APG Ballistics Research Laboratories, where she became a member of the Army’s Executive Development Group, continuing to gain expertise in explosives safety and accident investigation.

Building on her career, Fortier progressed to APG’s Headquarters Test and Evaluation Command, where she received further training in chemical and biological safety, along with travel to all TECOM test ranges and proving grounds throughout the United States. She eventually earned the title of Explosives, Chemical and Biological Safety Officer for TECOM and was assigned to the on-scene commander’s staff for chemical, biological and radiological accidents. Following four years assigned to TECOM, Fortier was appointed as APG Safety Director and earned the Commander’s Award for Merito-

rious Civilian Service for her dedication to duty.

While working at APG, Fortier also served as a staff sergeant with the 1204th Transportation Company of the Maryland Army National Guard. Her honorable discharge from the National Guard in 1986 included a 10-year National Guard Service Ribbon and the Reserve Component Achievement Medal with Oak Leaf Cluster.

After working in challenging positions at APG for approximately 25 years, Fortier achieved the opportunity of a lifetime as the Safety Director for the National Aeronautics and Space Administration at the Goddard Space Flight Center. During the seven years that followed, she had the opportunity to witness shuttle launches, meet astronauts, train new engineers and work closely with scientific researchers from all over the world.

At the age of 49 and with 33 years of federal service, Fortier retired from NASA in 1994. Fortier comments, “My time spent in the armed forces provided me with the foundation on which to build a wonderful career that allowed me to explore new possibilities, gain the confidence to try new ventures, travel, and be associated with incredibly talented and dedicated men and women.”

In addition to volunteering at the Perry Point VA Medical Center, Fortier serves as Past President of the Maryland Chapter 70, Women’s Army Corps Veterans Association, Chaplain of the American Legion, Susquehanna Post 135, and as Trustee of the Veterans of Foreign Wars Auxiliary, Post 10028.

On Veterans Day, Nov. 11, the nation paused to reflect on the service and sacrifices of those veterans of generations past and the 24 million living Americans who, like Fortier, made the decision to support and defend the Constitution and protect our freedom.

# OMMS battalion participates in Veterans Day observance

Story and photos by  
**YVONNE JOHNSON**  
*APG News*

Roye-Williams Elementary School partnered with the U.S. Army Ordnance Mechanical Maintenance Schools’ 16th Ordnance Battalion for an early observance of Veterans Day during a program in the school’s auditorium Nov. 8.

The battalion’s Soldiers posted and retired the colors and Lt. Col. Stephen Cheng, battalion commander, was the guest speaker.

Calling it “a day of remembrance and reflection,” assistant principal Donna Miller hosted the program, which was titled: “Celebrating America’s Heroes,” and included the singing of patriotic songs by the entire student body.

“We welcome the 16th Ordnance Battalion color guard and Lieutenant Colonel Stephen Cheng,” Miller said. “Thank you for your participation in this special day of remembrance.”

Cheng told the children that being a Soldier was his most important job.

“I am an American Soldier and I serve this country every day,” he said.

He discussed what Veterans Day is, reviewing its start as Armistice Day to when it was renamed Veterans Day by President Dwight Eisenhower in 1954.

“Veterans Day honors all who have worn the uniform of this country,” Cheng said.

Regarding things they can do, he told the children that veterans are everywhere and that they could visit the Veterans Adminis-

tration Web site at [www.va.gov](http://www.va.gov) to learn more about veterans. He told them to thank veterans for their service whenever they meet them and encouraged them to write letters to Soldiers.

“The most important thing to do is to grow up and serve your country,” he said.

He closed with a video slide show of Soldiers throughout America’s conflicts from World War I through Iraq and Afghanistan, which played to the music of “God Bless the U.S.A.” The show ended with the words,

“These Are Our Heroes,” “Never Forget Who Keeps You Free,” and “Never Forget Why We Serve.”

School counselor Johns, who organized the program, said it was important to include the battalion which the school shares a partnership with.

“So many of our children have parents in Iraq, so this is reality for them,” she said. “It’s huge for us to be able to thank them and at the same time thank our children for their sacrifices for missing out on Family time.”

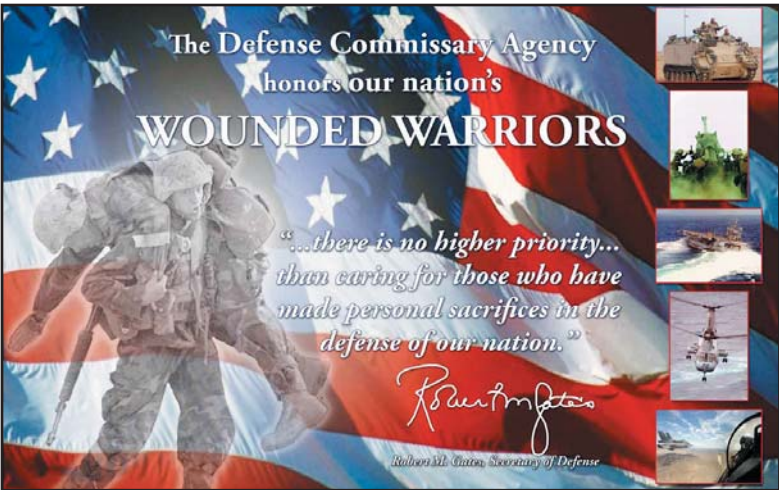
# Commissaries to promote Warrior Care in November

Story by  
**KEVIN L. ROBINSON**  
*DeCA*

There’s no nobler mission than taking care of those who have suffered much to defend us all. That’s the message the Defense Commissary Agency will help spread during November when organizations across the Department of Defense participate in Warrior Care Month.

The observance is designed to inform military members and their Families about the many programs that are, and will be, available to assist Wounded Warriors.

In a memorandum announcing this initiative, Defense Secretary Robert Gates said he wants to focus DoD’s efforts in drawing attention to improvements for the support of Wounded Warriors. Through Warrior Care Month, he also intends to send “a clear message to our service members and the public that there is no higher priority for this department than



caring for those who have made personal sacrifices in the defense of our nation.”

Throughout November, commissaries will display posters to help emphasize Wounded Warriors and the programs that exist for their care and support. Throughout the year, personnel from DeCA’s human resources and equal employment opportunity offices have teamed to

recruit Wounded Warriors along with civilians with targeted disabilities and disabled veterans with a 30 percent or more disability rating.

“Our men and women in uniform who have been wounded or injured deserve more than our spoken gratitude,” said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. “During Warrior Care Month, the Defense

Commissary Agency will do its part to focus more attention on the resources to support our troops in their recovery and rehabilitation.”

In addition to posters in commissaries to raise awareness, DeCA will use its Web site, <http://www.commissaries.com>, to highlight programs and initiatives being provided through the Warrior Care system and direct visitors to the agency’s Wounded Warrior job opportunities.

To further help Wounded Warriors and their Families with any questions, concerns or problems during their recovery process, DoD created <http://www.warriorcare.mil> to provide a lasting gateway for resources and ongoing programs. The Web page includes a directory to find information throughout the DoD, as well as Veterans Affairs, about the military health system and existing service programs. Over time, warriorcare.mil will grow as new programs are introduced.

The term “Wounded Warrior” applies to all wounded, ill and injured military members and veterans. Each military service has specific units to address the needs of these troops. The Marines and the Army, for example, have established Wounded Warrior Battalions and Warrior Transition Units, respectively, to assist their service members as they receive medical treatment.

Military OneSource also has created a 24-hour Wounded Warrior Resource Center telephone number, 1-800-342-9647, and e-mail, [wwrc@militaryonesource.com](mailto:wwrc@militaryonesource.com). The resource center is staffed with trained consultants who will direct callers to the military or federal agency that can best help them. The consultant is expected to maintain contact with the caller until their question or concern is resolved. The center is not designed to replace existing military units that currently support Wounded Warriors.



The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation

or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publi-

cation to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to [editor-apg@conus.army.mil](mailto:editor-apg@conus.army.mil).

Deadline for copy is Thursday at noon for the following Thursday’s paper.

### Staff

|                                     |  |
|-------------------------------------|--|
| APG Commander .....                 | Maj. Gen. Fred D. Robinson Jr.   |
| APG Garrison Commander .....        | Col. Jeffrey S. Weissman   |
| Public Affairs Officer .....        | George P. Mercer   |
| Editor .....                        | Debi Horne   |
| Editorial Assistant .....           | Marguerite Towson  |
| Contract Photojournalists .....     | Yvonne Johnson   |
| .....                               | Rachel Ponder  |
| Graphic Designer/Web Designer ..... | Nick Pentz   |
| Web site .....                      | <a href="http://www.apgnews.apg.army.mil">www.apgnews.apg.army.mil</a> |

# APG youth participate in a Red Ribbon activity to encourage drug-free living

Story and photo by  
**RACHEL PONDER**  
APG NEWS

Aberdeen Proving Ground youth who attend the Aberdeen and Edgewood areas Youth Centers participated in a Red Ribbon activity Oct. 31 that encouraged the children to pledge to live a drug-free life.

Cindy Scott, drug and alcohol abuse prevention program coordinator, along with Judith Smith, installation biochemical test coordinator, and Vivian Jackson, an assistant IBTC and alcohol and drug abuse technician, led the activity.

Scott said that every year the Army Substance Abuse Program conducts the Red Ribbon Campaign, typically held during the last week of October to encourage APG youth to be drug-free.

Scott said that the Red Ribbon Campaign is the oldest and largest community-based drug prevention program in the nation, reaching millions of young people and Soldiers each year.

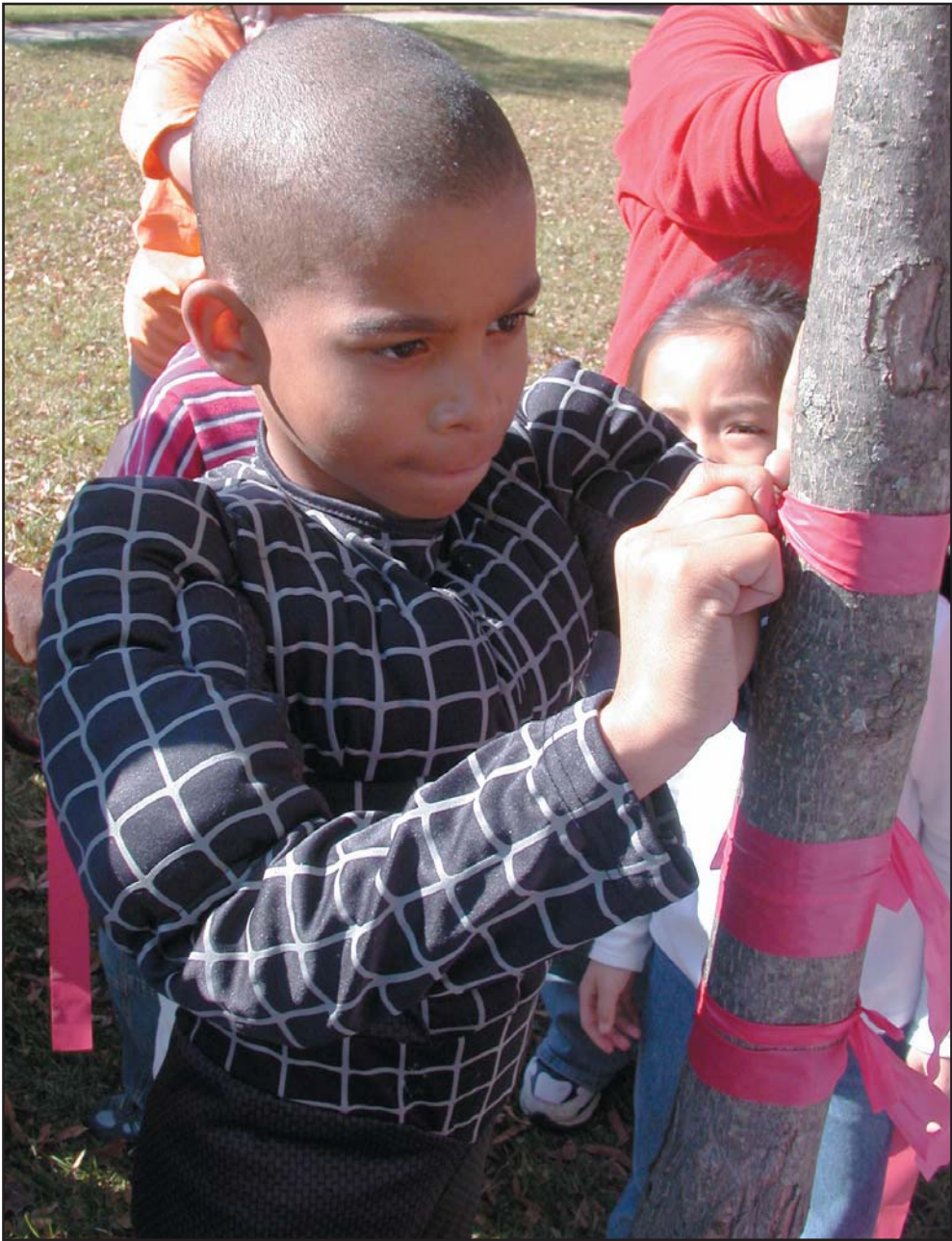
The Red Ribbon Campaign was inspired by the tragic death of an undercover drug enforcement administration agent, Enrique Camarena in 1985 while he was trying to stop drugs from coming into the United States.

Agent Camarena’s death was a spearhead of the message that it requires everyone, working together, to combat illegal drugs, prescription abuse and over-the-counter medicine misuse.

“It is imperative that our nation’s youth and Soldiers understand the dangers of substance abuse, prescription abuse and over-the-counter, OTC, medicine misuse and also be aware of the role of illegal drug trade in supporting terrorist organizations throughout the world,” Scott said.

During Scott’s presentation, along with telling the children to abstain from drugs, she also told the children that they should never eat trick-or-treat candy without letting their parents or a trusted adult check through their candy first.

“Make sure you eat dinner before going trick-or-treating so that you are not tempted to eat your candy before giving it to a parent



*Philip Irving, 9, ties a Red Ribbon on the Aberdeen Area Youth Center’s “Drug-Free Tree” on Oct. 31. Irving and other children tied Red Ribbons on the tree as a pledge to lead a drug-free life. Every year the Army Substance Abuse Program conducts the Red Ribbon Campaign, typically held during the last week of October to encourage APG youth to be drug-free.*

or a trusted adult to look through it,” Scott said.

Scott added that some medicines look very similar to candy.

She told a story of a child who found her grandfather’s blood pressure medication, and took it thinking that it was candy and became very sick. She said that children should check with a trusted adult before eating candy as a safety precaution, especially if the candy was given by a stranger.

“When in doubt ask a parent,” Scott said. “If you are handed something suspicious, ask a parent.”

After Scott’s presentation, Smith and Jack-

son handed out bracelets with a drug-free message, and reflective bracelets for children to wear while they trick-or-treat. The children also received a Red Ribbon to be tied the “Drug-Free Tree” which signifies their pledge to live a drug-free life.

D’asia Hughes, 8, said that she liked having a “Drug-Free Tree” to remind people to not use drugs.

“When I have children I am going to point out that tree and tell them what it means,” Hughes said.

Scott said that APG has embraced the Red Ribbon Campaign for 20 years

through dances, fun runs, poster and bumper sticker contests, rallies, sharing Red Ribbons with McGruff the Crime Stopper Dog and by planting a “Drug-Free Tree.”

“The APG youth tied red ribbons to the ‘Drug-Free Tree’ to express their continued commitment to live drug-free and to serve as a symbol to the entire APG community,” Scott said.

# APG Outdoor Journal

## Commentary: They’re back!



Photo by GEORGE “BART” ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT

By  
**BILL ARMSTRONG**  
*APG Wildlife and Marine Law Enforcement Division*

Some twenty years ago when I came to Aberdeen Proving Ground from West Virginia, Jimmie Pottie, the former APG wildlife biologist, remarked to me one day that, “In spite of what we do or don’t do here on the installation, wildlife seems to thrive.”

That thought pretty much says it all, for there’s nowhere else that I’ve ever been where there is such an abundance and variety of wildlife species.

One of my all-time favorites to photograph just recently returned from wherever it goes when it leaves here in the later part of spring, and that’s the Northern Harrier or the marsh hawk (*Circus cyaneus*). They’re amazing critters to watch as they soar hour after hour effortlessly over the streams and grasslands of the installation looking for something to eat.

Primarily their diet consists of frogs, mice, small birds, etc., all of which we have here in abundance. It’s been my experience that they tend to leave APG sometime in April or May, returning in November and early December.

The Northern Harrier is a medium or large hawk, with the female being a little bit bigger than the male.



Photos courtesy of BILL ARMSTRONG

To my way of thinking it’s the male that’s the prettiest of the pair, showing lots of white and gray with black wingtips; while the female, and the young of the year are mostly dark brown.

I suppose it’s the facial features that really fascinate me the most, with their bright yellow eyes that seem to look right through you, and their face sort of reminds me of an owl.

There are several different species of Harrier in Europe, but here in North America we only have the one.

Joe Ondek, Aberdeen Test Center’s legendary wildlife guru and nature photographer, and I were comparing notes last week, and although the scientific community says that APG

is well within their breeding range, neither one of us can ever recall observing a nesting pair here on the proving ground.

Anyway, for those of you who have an interest in raptors, the most likely places to see one of these magnificent birds of prey are around the large, grassy areas adjacent to our marshes and wetlands; places like CAPA Field, the airfields, the parade fields, the Edgewood Area horse stables, along the shorelines, etc.

Like I’ve said a hundred times before, APG has an abundance of wildlife, so get out of your chair and take a walk; you might be pleasantly surprised at what Mother Nature has to offer.

### CFC

*From front page*

common ailments of 1,000 men, women and children for five months.

- Equip three classrooms with desk, blackboards and other needed furniture.
- Provide a scholarship for an underprivileged person to travel to Central America or Haiti to document and witness human rights abuses, then return to the United States to work for change
- Provide one hot food carrier to keep meals being delivered to home-bound elderly hot and appetizing.
- Offer 25 hard-cover books on grief for parents whose children have died.

**For \$10 per pay period, an employee has the power to:**

- Help eight inner-city youth meet and learn about

people from other cultures, while staying in a youth hostel.

- Provide posters, postcards, and other educational materials at two national park sites to inform park visitors about the threat air pollution poses to our national parks, and steps they can take to help prevent increased pollution in their parks.
- Provide abstinence brochures for approximately 175 high school students.
- Improve Medicare coverage for 50 low-income elderly people.
- Provide school supplies for one child for an entire year
- Provide 18 hours of training in leadership, conflict resolution, cross-cultural sensitivity and community organizing for a teenager.
- Provide an entire high school with educational and training materials about the U.S. national park system
- Put wheelchairs under two landmine victims in Southeast Asia
- Provide two hearing aids for low income, hear-

ing-impaired people this year

- Support for Sexual Orientation in the Workplace trainings designed to combat homophobia and discrimination at work.
- Provide a student with lunch at school each day
- Provide specialized summer recreational programming for 12 children with disabilities
- Bring a waiting American child together with a loving, lifetime adoptive family.
- Buy a video on parenting tips for a case worker to give to 24 at-risk Families
- And so much more.

“With the power of compounding twelve or twenty-six times yearly, even a small donation increases to a larger one,” Sewell said. “If everyone on post was willing to donate the cost of a Happy Meal every two months, imagine how many charities could be empowered to help the needy. Winter is coming and it would be terrible to have to choose between heat, housing, or food. Please help APG “Light the Way” this year.”



## Commentary: ‘Is this stuff still good?’ Food-product dating made easy

By  
**KAY BLAKLEY**  
DeCA

Understanding how food-product dating works might not be a subject you’ve lost any sleep over. But, if you’re a typical consumer, it has probably been a source of confusion that’s resulted in some perfectly good food being thrown in the garbage or poured down the drain.

Many consumers incorrectly assume that a date stamped on a product’s package is an expiration date. They automatically throw it out once that date arrives, thinking the food is unsafe to use. This is not true.

### **Does federal law require product dating?**

Except for infant formula and some baby food, product dating is not required by federal regulations. Even so, you will typically find what’s called an “open date” (use of a calendar date as opposed to a code) on perishable foods such as meat, poultry, eggs and dairy products. This dating is done voluntarily by the manufacturer. It is intended to help the store determine how long to display the product for sale and to help the consumer know the time limit to purchase or use the product at its best quality. It is not a safety date.

### **Types of dates and what they mean**

If a calendar date is shown on a product, federal regulations do require that a phrase explaining its meaning be printed immediately adjacent to the date. These phrases are “sell-

by,” “use-by” and “best if used by (or before).”

A “Sell-By” date tells the store how long to display the product for sale. You should buy the product before this date.

A “Best if Used By (or Before)” date is a recommendation for best flavor or quality. It is not a purchase or safety date.

A “Use-By” date is the last date recommended for use of the product while at peak quality. This date is determined by the manufacturer based on analysis of the product throughout its shelf life.

### **Most asked about items**

The items that cause most concern among commissary shoppers are exactly those perishable items listed above – dairy products, eggs, meat and poultry. So, let’s take a look at each product or category of products separately.

**Milk:** A “sell-by” date is normally stamped on every carton. Make sure you purchase the milk before this date. Take it straight home and refrigerate immediately at 40 degrees Fahrenheit or lower. Don’t leave it in the trunk of your car while you squeeze in a few more errands on the way home, and don’t let it linger on the counter or table during a meal. Pour the servings you need and return the carton to the refrigerator promptly.

Under optimum conditions, milk should remain fresh up to five days or longer beyond the “sell-by” date.

**Yogurt:** Most yogurts will be stamped with either a “sell-by” or a “best if

used-by” date. Store yogurts in the same manner as fresh milk (refrigerated at 40 degrees Fahrenheit or lower) and use by the “best if used-by” date for highest quality.

After that date you might see some separation of fluid in the product, which will affect its appearance, but this factor alone is not an indicator of spoilage. It may be perfectly fine once it is stirred. Trust your own sense of taste and smell, plus your personal knowledge of how well it has been cared for since coming to live at your house when deciding to use it or toss it.

Yogurts stored under optimum conditions can be expected to be of good quality and freshness seven to ten days beyond the “sell-by” date.

**Eggs:** Egg cartons will normally be stamped with a “sell-by” date. At home, refrigerate the eggs in their original carton. It is designed to keep the porous shells from absorbing odors from other foods and to protect the eggs from breaking.

Eggs have a very long shelf life. Properly refrigerated, they can be expected to maintain reasonable quality for three to five weeks beyond the “sell-by” date.

**Meat, poultry:** Vacuum packed meats sold in all DeCA commissaries require both “Date of Pack” and “Sell by Date.”

Commissaries carry both a “sell-by” and a “use-by” date. Purchase these meats before the “sell-by” date, keep them refrigerated properly and either use or freeze by the “use-by” date.

Tray-packed fresh meats and poultry, including turkey, plus fresh rabbit and duck are normally stamped with a “use-by” date. Recommendations for handling and storage of vacuum packed meats also apply to these products.

Once a perishable product such as meat or poultry is frozen, these dates become irrelevant because, according to USDA experts, foods kept frozen continuously (at 0 degrees or below) can be safe indefinitely.

### **Infant formula, baby food**

Federal regulations require a “use-by” date on the product label of infant formula and the varieties of baby food under FDA inspection. If consumed by that date, the formula or food must contain not less than the quantity of each nutrient as described on the product label. Additionally, infant formula must maintain a sufficient quality to pass through an ordinary bottle nipple. If stored too long, formula can separate and clog the nipple.

Dating of baby food is for quality as well as for nutrient retention. Do not buy or use baby formula or baby food after its “use-by” date.

### **Practicing safe-food handling at home**

Your commissary maintains rigid quality assurance and sanitation standards to make sure the foods you are offered are

fresh, wholesome and safe. After making your selections, though, it’s up to you to care for them properly until consumed.

To answer the “Is this stuff still good?” question with confidence, practice these four rules at your house.

Purchase fresh-dated products before the “sell-by” date.

Refrigerate perishable products promptly, and use or freeze meat and poultry products before the “use-by” date.

Remember that product dating is a guide for quality rather than safety.

Also, remember these rules do not apply to infant formula and baby food, which should not be used after the “use-by” date.



**Visit  
APG News  
online at  
www.  
apgnews.  
apg.army.mil**

# Community Notes

**THURSDAY TO SUNDAY**  
**NOV 13 TO 16**  
**NINTH PASTORAL ANNIVERSARY WOMEN’S CONFERENCE**

Restoration World Ministries, Inc. will hold its ninth Pastoral Anniversary at 1812 Pulaski Highway, Starlite Plaza, Suite O, Edgewood. Guest speakers include 7:30 p.m., Nov. 13, Pastor Kenneth Telsee Sr., True Joy Healing and Restoration Ministries; 7:30 p.m., Nov. 14, Dr. LaMont Turner, Zion Temple, Havre de Grace; 7:30 p.m., Nov. 15, Pastor Melvin Boulware, Harvest Life Changers, Columbia, Md.; 11:15 a.m., Nov. 16, Bishop Erwin Scofield, Scofield Ministries, N.C.; and 4 p.m., Nov. 16, Pastor Melvin Taylor, Word of Faith Outreach Ministries. For more information, call 410-671-6042.

**SATURDAY**  
**NOVEMBER 15**  
**WHITE TAILED DEER SURVEY**

Harford County seems to be experiencing explosive population growth, and not just with humans. So, come help to determine if the deer population of Leight Park is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This program will be held 9 a.m. to noon for ages 16 to adult and registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**NO LEAVES TREE MYSTERY**

Hike the Leight Park trails and use clues to identify some common trees when they are missing their distinctive leaves. This program will be held 10:30 to 11:30 a.m. for ages 6 to adult; anyone

under 10 must be accompanied by an adult. The program is free but registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**PINECONE TURKEYS**

Create an organically grown centerpiece to spruce up the harvest season dinner table. This program will be held 1 to 2 p.m. for all ages under 8 must be with an adult. The cost is \$3 and registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SUNDAY**  
**NOVEMBER 16**  
**ALL DAY BINGO**

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, will hold All-Day Bingo, 12:30 p.m. Doors open 11 a.m., early bird games 11:45 a.m. Cost is \$25 per person and includes 50 games (all paper cards), meal and free coffee. A 50/50 raffle will be held for early birds. Players have a chance to win a \$300 jackpot. No one under 18 years of age is allowed in the Bingo Hall. No smoking is allowed. For more information, call 410-642-2771.

**MONDAY**  
**NOVEMBER 17**  
**DESTINATION: FRANKLIN MILLS MALL**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace will sponsor a shopping trip to Franklin Mills Mall Saturday Dec. 6. The bus will depart the church at 8:30 a.m. and return at 4:30 p.m. Cost of the trip is \$40, due by Nov. 17 (no refunds). Seating is limited. Proceeds to benefit the Church’s 101st Annual Women’s Day program scheduled for March 2009.

For more information or for reservations, call 410-272-0815, 410-939-1635, 410-273-0424 or 410-493-6985.

**MILITARY APPRECIATION MONDAY**

Golden Corral will honor any person who has served in the United States military (including National Guard and Reserves) with a free “thank you” dinner buffet and beverage at any Golden Corral restaurant, 5 to 9 p.m. Beverage is included, dine in only. No identification is required.

**WEDNESDAY**  
**NOVEMBER 19**  
**WEDNESDAY WEE WONDERS**

Celebrate fall by joining the naturalist and her wee one for stories, songs, live animals and outdoor exploration. This program will be held 10 to 11 a.m. for infants to age 4. The program is free but registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**FRIDAY**  
**NOVEMBER 21**  
**OWL PROWL**

Come out for a night hike in the bottomland forest to search for the owls that call this marshy forest home. This program will be held 6:30 to 8 p.m. for ages 10 to adult. The cost is \$3 and registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**CASINO NIGHT**

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, invites the public to Casino Night, 6 p.m. to midnight. Texas Hold’em, up to four tables; \$50 buy in, first-come, first-served. Many games of chance, a cash bar and food will be available. For more information, call 410-642-2771.

**FRIDAY THRU SUNDAY**  
**NOVEMBER 21 THRU 23**  
**ALIVE 2008: QUEST MIDDLE SCHOOL YOUTH CONFERENCE**

Youth for Christ will sponsor the Alive 2008: Quest Youth Conference, at the Roland E. Powell Convention Center located on 4001 Coastal Highway, Ocean City, Md. The youth conference will include a weekend of challenge and adventure and will feature national recording artists Leeland and Pure NRG; dynamic youth speakers Runks and Joel Sonnenberg; drama team Onetime-blind; the Sanctuary of Prayer Encounter Room; Sports on the Beach;

extreme hair makeovers, Wii, Karaoke, games and more. Cost of registration is \$80 per person with hotel rates additional. Early registration discounts are available. Registration costs \$60 by Oct. 20 and \$70 by Nov. 3. For more information or to register, 1-877-896-3802 (toll free), visit <http://www.impactalive.net/Alive08/alive08brochure.pdf>, or e-mail [impactalive@impactalive.net](mailto:impactalive@impactalive.net).

**SATURDAY**  
**NOVEMBER 22**  
**CHILDREN’S GARDENING – FALL SALAD FEAST**

Have fun growing food and flowers. Enjoy crafts, games, and science disguised as fun while learning about seeds, life cycles and growing food and flowers in a watershed-friendly way. This program will be held 12:30 to 1:30 p.m. for ages 5 to 10. The cost is \$4 and registration is required.

For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**KING AND QUEEN RALLY**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will host a “King and Queen” rally at 4 p.m. Children ages 6 months to 5 years will compete to wear the crown. Proceeds will benefit the Church’s 101st Annual Women’s Day program scheduled for March 2009.

For more information call 410-939-2267.

**HITCHHIKER’S HIKE**

During a hike through the forest edge, explore some of the strategies plants employ to disperse their seeds. This program will be held 2 to 3:30 p.m. for all ages, under 10 with an adult. The program is free but registration is required.

For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SUNDAY**  
**NOVEMBER 23**  
**LENAPETURKEY RATTLE**

Create a ceremonial turkey rattle that was used by the Lenape Indians of Delaware. This program will be held 2 to 3:30 p.m. for ages 8 to adult, 8 to 10 with an adult. The cost is \$4 and registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

*(Editors Note: More Community Notes can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)*

Post Shorts

DVD, are \$1. There are several hundred books, many mystery or romance, nearly new. Contributions will go to the “undesigned” portion of the CFC. If you enjoy both reading and bargain prices, come visit us between 8 a.m. and 4 p.m., Thursday; between 8 a.m. and 3 p.m., Friday. For more information, call CFC at 410-278-9913 or 9917.

FEHB open season

The Federal Employees Health Benefits Open Season runs Nov. 10 to Dec. 8. Employees who wish to change their health benefits carrier should visit <https://www.abc.army.mil> or call 1-877-276-

9287. Changes become effective Jan. 4, 2009. For more information contact Teri Wright, Civilian Personnel Advisory Center, 410-278-4331, [teri.wright@us.army.mil](mailto:teri.wright@us.army.mil).

FEHB Health Fairs

FEHB, FEDVIP open seasons run through Dec. 8. Health Fairs are scheduled 9 a.m. to 1 p.m., Nov. 18, at the AA Recreation Center, building 3326, and 9 a.m. to 1 p.m., Nov. 20, at the EA Recreation Center, building E4140. Plan representatives will be available to answer questions and provide 2009 health plan materials. Rates for the 2009 Federal Employees Health Bene-

fits and Federal Employees Dental and Vision Insurance Program rates have been posted. New rates will be effective Jan. 4, 2009. To view FEHB rates, visit <http://www.opm.gov/insure/health/08rates/index.asp>; to view FEDVIP rates, visit <http://www.opm.gov/insure/dentalvision/08/vision.asp>. Employees must contact the Army Benefits Center-Civilian (ABC-C) or Web site [www.abc.army.mil](http://www.abc.army.mil) or call 1-877-276-9287. **RecruitMilitary Career Fair in Baltimore** RecruitMilitary, in con-

junction with the President’s National Hire Veterans Committee (DOL), The American Legion and the Military Spouse Corporate Career Network will hold a free hiring event for veterans, service members transitioning from active duty, Reserves, National Guard and military spouses, 11 a.m. to 3 p.m., Nov. 20, at the M&T Bank Stadium (Raven’s Stadium) in Baltimore. Meet with representatives from government contractors, private industry, law enforcement, education, transportation and more from local, state and national organizations. Dress for success, bring plenty of resumes and be

SAME Chesapeake holds meeting

The Society of American Military Engineers Chesapeake Post monthly meeting will be held 11:30 a.m., Nov. 20, at the Wetlands Golf Club located on 740 Gilbert Road, Aberdeen. W. Scott Flanigan, director, Cecil County Department of Public Works will present “How APG BRAC program relates to Cecil County’s Infrastructure and Master Planning.” Space is limited and reservations are required. RSVP online at <http://www.same-chesapeake.org> NLT Nov. 18.

(Editors Note: More Shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)

SCHOOL LIAISON

Visit Your Child’s School during American Education Week

Parents have met with their child’s teacher this past week for school conferences and academic reports. Next week conscientious parents will demonstrate their support and visit schools during American Education Week. Harford County Public Schools will celebrate American Education Week 2008 on Nov. 17 through 21. Classes will be conducted as usual on these days; parents are encouraged to find care for infants or very young children. The theme is “Great Public Schools: A Basic Right and Our Responsibility.” Monday, Nov. 17 -“Grandparents’ Day”

Commentary: Aberdeen Middle: More Than You Think!

By **MARIANNE HANDLIR** and **TARYN MARTIN** AMS PTA

Maybe I am a bit biased. My son attends Aberdeen Middle, I volunteer consistently and I am proud to be the PTA President for this school year. But like many residents of Harford County I had heard concerns about Aberdeen Middle. And to those people I say, “Have you ever visited the school personally? Then maybe you should!” That way you will see first hand the dedication of the teachers, the tenacity of the staff and nature of the students. Believe me when I say that I was overcome with joy when I met Principal, Chandra Krantz. Mrs. Krantz cares about the children and their community and wants each stu-

dent to flourish. She is focused on the positive and it’s obvious in every classroom. Her dedication is mirrored by every teacher and staff member, from grade-level vice principals to the janitorial staff. These people are all amazing! Aberdeen Middle’s motto is “Believe It, Achieve It!” This is shown throughout the many programs offered for the diverse selection of students that attend Aberdeen Middle. There are numerous extracurricular programs: for young men, for children of our military, for children who want to make an impact in their community, to name a few. The 2007/2008 School year was eventful. A 7th grader had invited Baltimore Ravens’ #86 Todd Heap to visit. After speaking on the importance of physical activity, he

left treats for the students and staff as well as a JC Penney Grant for much needed gym equipment. The new Positive Behavior Intervention System (PBIS) allows for teachers and staff to reward students’ good behavior. A Winter Bazaar, Movie Nights and students’ school store purchases were paid for in part by their PBIS Eagle Bill awards. Aberdeen Middle has a strong PTA and parent involvement. This year’s membership had exceeded last year’s within the first 3 weeks of school! Parents have many opportunities to serve - Basket Bingo to support the Talon, a bi-annual student publication, and a Flea Market / Community Health Fair. So to those cynics we say again, “Have you visited Aberdeen Middle lately?”

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail [eileen.campbell@apg.army.mil](mailto:eileen.campbell@apg.army.mil).



# FAMILY, MORALE, WELFARE & RECREATION

## Activities/Events

### Barnes and Noble Bookfair

A Bookfair will be held 10 a.m. to 3 p.m., Nov. 15, at Barnes and Noble located on 620 Marketplace Drive, Bel Air, Md. Guest speaker will be Dr. Joseph Rainer, curator of the Ordnance Museum. Rainer will discuss the restoration and preservation of the Ordnance Museum's vehicle/artillery collection and the Museum's move to Fort Lee in 2011 due to BRAC. A Model 1918 Ford 3-ton tank will be on display. Come out and show support for ACS special programs. Special vouchers are available at IMWRF for purchases. A percentage of the net sales will

be donated to schools and organizations.

For more information, visit [www.apgmwr.com](http://www.apgmwr.com).

### Free dolphin show at the National Aquarium

As a thank you to active duty service members and their Families, the National Aquarium will offer a free dolphin show.

When service members purchase Aquarium tickets, they will receive a coupon to redeem for a free Dolphin show. This offer is valid through Nov. 26, and only valid with an active duty ID card or Family member ID card, which must be presented at the 'Will Call' desk along with the ticket and coupon. This

offer is not valid with any other ticket purchase, offer or discount.

Aquarium tickets cost \$17 for active duty, \$20.25 for adults and \$12.25 for children.

For more information or to purchase tickets, call MWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

### MWR daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City, N.J. FMWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino. Cost of the trip to is \$45 per person with \$25 back in cash and a \$5 buffet coupon. Only for ages 21 and over. The bus will leave Vitali's Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

For more information, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326,

410-278-4011/4907 or e-mail [apgr-usag-mwr-liesure-travel@conus.army.mil](mailto:apgr-usag-mwr-liesure-travel@conus.army.mil).

### CWF trip to Massachusetts in November

Take a "pilgrimage" to Massachusetts for an opportunity to see American history and heritage.

The Civilian Welfare Fund has scheduled a trip to Massachusetts, Nov. 20 to 23. Tour locations include Plymouth Plantation, Salem, Rockport, Gloucester and Newport, R.I.

Passengers will depart BWI at 10:30 a.m. and arrive at Logan Airport, Boston, at 11:50 a.m.

Cost per person is \$1,275 for adult single; \$975 for adult double; \$925 for adult triple; and \$905 for adult quad. Cost for children ages 17 and under is \$945 for double, \$895 for triple and \$875 for quad.

Cost includes round-trip airfare; three nights lodg-

ing; private motorcoach for tours; three continental breakfasts; three dinners, including one lobster and clam bake and meal at Plymouth Plantation; entrance into the Salem Witch Museum and Mayflower II replica; travel insurance and tips for the driver and guided tour manager.

For more information or to make reservations, call CWF, 410-273-2075 or e-mail [Patti.Harkins@us.army.mil](mailto:Patti.Harkins@us.army.mil).

### Shop at Potomac Mills Nov. 29

Feel like a little bargain hunting for this year's Christmas shopping? Potomac Mills Shopping Outlets offers more than 200 of the best brand names to help save this year. Travel to Potomac Mills Shopping Outlets Nov. 29. The bus will depart Edgewood Best Western at 7:45 a.m. Cost of the trip is \$29 per person. Space is limited, reserve tickets today.

For more informa-

tion or to purchase tickets, call FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907, or e-mail [apgr-usag-mwr-liesuretravel@conus.army.mil](mailto:apgr-usag-mwr-liesuretravel@conus.army.mil).

### Do-it-yourself New York City tours

FMWR has scheduled several day trips to New York City – eight hours for sightseeing, shopping, seeing a Broadway matinee, venturing into China Town and more, Nov. 15.

Cost is \$40 per person. The bus will depart 7:55 a.m. and will return 10 p.m. Open to all DoD card holders.

For more information or to register, call or visit FMWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR\\_LeisureTravel@apg.army.mil](mailto:MWR_LeisureTravel@apg.army.mil).

## Looking for a job?

Visit FMWR Jobs Available at [www.apgmwr.com](http://www.apgmwr.com).

All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

## SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail [stacie.umbarger@conus.army.mil](mailto:stacie.umbarger@conus.army.mil).

### Introduction to Water Colors

SKIES Unlimited offers an Introduction to Water Colors class, 5:30 to 7 p.m., Mondays, Jan. 12 through March 9, for ages 8 through 13 at the Aberdeen Area Youth Center, building 2522. No class on Jan. 19. Cost is \$60 per student for eight weeks.

Students will learn watercolor techniques. Instruction will focus on brush handling and controlling water volume on the brush and paper.

Students are required to have an 11 x 14 drawing pad.

Open to all DoD ID card holder Family members.

To register, call the Central Registration Office, building 2752, 410-278-7571/7479 for an appointment.

For more information, email [stacie.umbarger1@conus.army.mil](mailto:stacie.umbarger1@conus.army.mil) or call 410-278-4589.

### Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 5:45 to 6:30 p.m., Thursdays, Jan. 15 through March 5, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

Hands-on creativity is the theme as children explore, paint, clay, color, texture, and shapes. Dress little ones in old clothes or smock and be prepared for a messy good time. Parent participation required.

Cost is \$60 per student for eight weeks.

### Private piano lessons

Registration begins Jan. 9, 2009, for piano lessons.

SKIES Unlimited private piano lessons will be given 3 to 7:30 p.m., on Fridays, Jan. 9 through Feb. 13 and Feb. 20 through March 27. Classes will also

be given 9:30 a.m. to 12:30 p.m., Saturdays, Jan. 10 through Feb. 14 and Feb. 21 through March 28, for ages 4 through 18.

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

Students are responsible for purchasing the required books for the course recommended by the instructor.

Open to all DoD ID card holders.

To register, please call the Central Registration Office located in bldg 2752, call 410-278-7571/7479 for an appointment.

### Private guitar lessons

Private guitar lessons for ages 7 through 18 will be held 3:30 to 7 p.m., Nov. 25 through Dec. 16, Tuesdays, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30-minute session per week for four weeks. Students must provide their own guitar and also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents can choose which time frame session they want to sign up for when they register their child. Open to all DoD ID card holders.

### Private voice lessons

Ages 7 and older can register for private voice lessons, 3:30 to 7 p.m., Tuesdays, Nov. 25 through Dec. 16, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary. Singing lessons cost \$132 per student and includes one 30-minute session per week for four weeks. Parents choose

which time frame session they want to sign up for when they register their child.

Open to all DoD ID card holder Family members.

### Drawing and sketching

Drawing and sketching classes will be held 7 to 8:30 p.m., Mondays and Thursdays, Jan. 12 through March 12, for ages 10 to 15 years at Aberdeen Area Youth Center, building 2522. No class on Jan. 19.

Students will explore the concepts of value, proportion, perspective, composition, and foreshortening in this drawing class. Class topics include materials used in drawing and sketching, memory drawing, contour drawing, grid drawing, tonal drawing, and matting of completed works.

Students are required to have an 11x14 drawing pad.

Class costs \$120 per student for eight weeks.

### Dance Programs for pre-k through high school students

#### Pre-K

Pre-ballet and creative movement will be offered, 4:30 to 5 p.m., Jan. 9 through June 1, Fridays, at the Aberdeen Area Child Care Center, building 2485 or at the AA Youth Center, building 2522.

Pre-K registrants need birth certificates to verify age.

#### Kindergarten and first grade

Ballet and pre-tap will be held 6 to 6:45 p.m. at the AA Youth Center.

#### Second and third grades

Ballet, tap and jazz will be held from Jan. 5 through June 1, Mondays, at the AA Youth Center for students in the second and third grades. Ballet will be held 7 to 7:30 p.m.; tap will be held 7:30 to 8 p.m.; and jazz will be held 8 to 8:30 p.m.

#### Fourth through sixth grades

Ballet, tap and jazz will be held from Jan. 6 through June 1, Tuesdays, at the

AA Youth Center. Ballet will be held 7:30 to 8 p.m.; tap will be held 8 to 8:30 p.m.; and jazz will be held 8:30 to 9 p.m.

Hip hop and pre-pointe will be held from Jan. 8 through June 1, Thursdays. Hip hop will be held 7:30 to 8 p.m. Pre-pointe will be held 8 to 8:30 p.m. – students must have five years experience and must audition.

#### Seventh and eighth grades

Ballet, tap, jazz, hip hop and pointe will be offered on Jan. 5 through June 1, Mondays, at the AA Youth Center. Ballet will be held 6:30 to 7 p.m.; tap will be held 7 to 7:30 p.m.; jazz will be held 7:30 to 8 p.m.; hip hop will be held 8 to 8:30 p.m.; and pointe will be held 8:30 to 9 p.m. – students must have 8 years of experience and must audition.

#### High school dance program

Ballet, tap, jazz, hip hop and pointe will be offered Jan. 7 through June 1, Wednesdays, at the AA Youth Center. Ballet will be held 6:30 to 7 p.m.; Tap will be held 7 to 7:30 p.m.; jazz will be held 7:30 to 8 p.m. hip hop will be held 8 to 8:30 p.m.; Pointe will be held 8:30 to 9 p.m. – students must have 8 years of experience and must audition).

All classes cost \$110 per student and \$75 for each additional discipline.

This is a tentative schedule. Classes may be added or deleted according to attendance. Sign students up for what disciplines they want to take.

A minimum of five students are needed for class to be held. No more than 12 students per class. Students must be registered by Dec. 19.

Brazilian Jujitsu

A Brazilian jujitsu program will be held at the Noncommissioned Officer Academy, building 4505, Suite C. Sessions will be held on Tuesdays and Thursdays, Jan. 6 through Feb. 5 and Feb. 17 through March 19.

Beginner classes will be held 6 to 6:45 p.m., ages 7 to 18.

Through the practice of jujitsu and kickboxing, students will learn the best form of self-defense, how to defend themselves against bigger, stronger and faster opponents and develop leadership and teamwork skills. All students will advance their skills no matter their gender, size or natural ability.

Cost is \$85 per student. Open to all DoD ID card holder Family members. Each session requires a minimum of six students registered. Registration ends one week prior to the start of class.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 or e-mail [stacie.umbarger1@conus.army.mil](mailto:stacie.umbarger1@conus.army.mil) or call 410-278-4589.

### Tae Kwon Do

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning.

Classes will be held at the Child, Youth and School Center, building 2522, Monday and Wednesday, Jan. 5 through Feb. 2; Feb. 29 through March 18; and March 30 through April 22, 5:30 to 6:15 p.m. (ages 6

to 12). Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

Students must wear a white T-shirt and sweat pants.

Class size is limited so register early.

### Tutors available for all grades

Private tutors are available for students in grades 1 through 12. Tutoring for grades 1 through 8 includes all subjects. Grades 9 through 12 includes English, math, earth science and chemistry only.

Tutors are available 3 to 6 p.m., Tuesdays, Nov. 11 through Dec. 2. Tutors cost \$145 per student for four one-hour one-on-one sessions. Parents decide what hour time frame they would like. Open to all DoD ID card holders and their Family members.

### SKIES Unlimited offers Driver's Ed

Drivers Education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, Nov. 17 thru Dec. 3 (no class Nov. 27) and Dec. 8 thru 23.

Class includes 30 hours of classroom instruction and 6 hours of behind-the-wheel instruction. Cost is \$295 per student. Last day to register for the class is one week prior to the first class. Students must be between 15.9 and 18 years of age. Parents must attend the first day of class. Open to all DoD ID cardholders.

## APG Bowling Center activities

### November Military Family Month

In addition, since November is Military Family Month, when a Military Family comes in to bowl between 1 and 11 p.m. any Saturday in November, they will receive one hour of bowling for \$15 including shoe rental. Up to eight Family members can share a lane. This will be on a first-come, first-

served basis. Reservations are being taken.

The Bowling Center would also like to invite everyone to meet their new mascot.

Bowling specials are for personnel with military, civilian or contract ID.

For more information, call 410-278-4041.

## APG Bowling Center Snack Bar specials

### Building 2342

#### Week of Nov. 10

Special #1: Crab cake platter with french fries, cookie and soda for \$9.95.  
Special #2: Grilled cheese with soup of the day, cookie and soda for \$4.35

#### Week of Nov. 17

Special #1: Open face hot turkey sandwich with gravy, french fries, cookie and soda for \$6.75  
Special #2: Lasagna with salad, garlic bread, cookie and soda for \$9.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



## ACS activities

### Meeting of Family Information Network

Army Community Service hosts a Family Information Network meeting 6 to 7:30 p.m. the second Tuesday of each month in building 2754. Next meeting is Dec. 9. This support group is designed to assist military members who have Family members with special needs. Its goals are to provide a supportive network as well as assist with community resources.

For more information, call 410-278-2420.

### Smart Start Your Business class

All sessions 11:30 a.m. to 1 p.m., ACS classroom, Nov. 19.

This class is sponsored by APG ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College SBDC. This 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC are also discussed.



# Health Notes

## Compensation panel recommends TRICARE changes

Story by  
**JIM GARAMONE**  
*American Forces Press Service*

The Quadrennial Review of Military Compensation has recommended fee changes to TRICARE, the military’s health care system.

The recommendations would mostly affect retirees and will not affect active duty service members or their dependents, retired Air Force Brig. Gen. Jan D. “Denny” Eakle, the director of the study, said in a Pentagon briefing today.

“Retiree fees ought to relate to how much the plan is worth,” she said. “The ... higher-value plans should have higher premiums associated with them.”

The panel believes fees need to be fair to all retired military members, Eakle said.

“They ought to reflect how much income an individual has, so that if they make more money and are therefore better able to pay for a system, they should do so,” she said.

One problem is the fee structure for TRICARE has not changed in 13 years.

“When TRICARE started out in 1995, military members, retirees were charged two hundred thirty dollars per individual, four hundred sixty dollars per Family,” she said. “Today in 2008, they’re charged two hundred thirty dollars per individual, four hundred sixty dollars per Family.”

In 1995, service members paid 27 percent of their health care cost. Today that share is less than 12 percent.

Over-65 military retirees - those using the “TRICARE for Life” program - have been paying the Medicare Part B program fee of 25 percent, but this is due to rise. “Essentially what this says to you is that

we are asking our older retirees, who are in fact the least likely to hold jobs and therefore have the lowest incomes, to pay the most for their system,” Eakle said.

But TRICARE for Life is a much more generous program than TRICARE Prime.

“We believe we need to get some parity between our older and our younger retirees,” Eakle said.

The panel wants to redress some of this imbalance.

“We believe that the under-65 retirees should begin paying forty percent of the Medicare Part B premium using the same fee structure that is laid on by the Medicare system,” Eakle said, adding that this should bring the system into a semblance of parity.

“In addition, we believe that the under-65 retirees ... who elect to use TRICARE Standard and Extra need to pay a small fee for that,” she said.

“And we would suggest to the department that that fee be set at fifteen percent of the Medicare Part B. We think the Family rate should be set at double the individual rate and that the premium increase needs to be phased in over four years.”

Other recommendations include using the Medicare deductible rate - \$135 per person in 2008 - for TRICARE. The panel also recommended to the department that all co-pays and co-insurance for any preventative service be provided at no cost to all members and retirees who have access to TRICARE.

The final panel recommendation to DoD is to establish an open enrollment period for TRICARE, Eakle said.

## It’s not too late for a flu shot

### FLU Vaccine Open to TRICARE Beneficiaries and Civilian Personnel

*KUSAHC*

Influenza vaccination is now available to all TRICARE beneficiaries and civil service employees at Aberdeen Proving Ground. Contract personnel are not eligible. FluMist, the nasal flu vaccine, is the recommended vaccine of choice in healthy individuals for protection against the flu. In addition to the immunity provided by traditional vaccination, FluMist helps the body to develop antibodies along the respiratory tract which provides a greater defense along the main route of entry for the influenza virus. Individuals should not receive FluMist if they:

- are less than 5 years old or 50 years of age or older
- have an allergy or history of allergic reaction to chicken eggs or egg products or any component of the vaccine
- are a child or adolescent who regularly takes aspirin, or products containing aspirin
- have a history of Guillain-Barré syndrome
- have a known or suspected immune deficiency disease or condition such as HIV infection, leukemia, or lymphoma or are undergoing treatments for cancer.



- have a history of asthma or reactive airways disease
- have medical conditions such as chronic disorders of the lungs, heart, or kidneys; diabetes, or sickle cell disease
- are pregnant

Vaccination by injection is available to those who are not eligible to receive the FluMist.

FLU Vaccine Hotline: 410-306-3588 (FLUV) or 4-3588

KUSAHC’s Immunization Clinic (410) 278-1746

#### **KUSAHC hours**

- Monday: 7:30 a.m. - noon and 1 - 4 p.m.
- Tuesday: 7:30 a.m. - noon
- Wednesday: 7:30 a.m. - noon and 1 - 4 p.m.
- Thursday: 7:30 a.m. - noon and 2 - 4 p.m.
- Friday: 7:30 a.m. - noon and 1 - 4 p.m.

## Keep your appointments ‘No-shows’ hurt everyone

*KUSAHC*

In September over 260 people did not show up for scheduled appointments at Kirk US Army Health Clinic. The staff at KUSAHC encourages you to keep your appointments.

Time allotted to taking care of your health needs is vital time that you and your physician have set aside to discuss the best course of action for your medical care. In a time when access to appointments at the Kirk Clinic is limited, it is essential that you keep your scheduled appointment.

If you no longer need the appointment or have a conflict in your schedule, please contact our Call Center at 410-278-5475. You may cancel appointments using TRICARE On-Line at <https://www.tricareonline.com>.

The courtesy of your call will open up appointments for other patients when the Kirk Call Center knows in advance. Unlike the private sector that charges when a patient misses an appointment, Kirk does not add that additional hardship to you. If you need to change an appointment, the Triage Nurse or the Call Center will assist you.

# Two retire during October ceremony

Story by  
**YVONNE JOHNSON**  
APG News

A Soldier and a civilian with more than 60 years of government service between them officially ended their careers during a retirement ceremony at Top of the Bay Oct. 29.

Sgt. 1st Class Rodney J. Mayo, a frequency manager with the 20th Support Command (Chemical, Biological, Radiological, Nuclear and High Yield Explosives), and Andre' A. Fournier, a Fire Protection Specialist with the Directorate of Safety, Health and Environment's Fire and Emergency Services Division were the honorees.

Col. Raymond T. Van Pelt, commander, 20th Support Command (CBRNE) presided over the ceremony assisted by Command Sgt. Maj. Marvin W. Womack.

Van Pelt thanked all for attending and said, "There is probably nothing more important than taking the time to recognize two great Americans who contributed their time to our nation and our Army."

Noting that Mayo served within his command, Van Pelt called him "one of those go-to guys."

"When things are broken this is the guy you go to," he said.

"More than that, he's one who clearly exudes enthusiasm everyday. I see him four or five days a week working out in the gym and always smiling."

He recognized Mayo's Family members in attendance, which included two sisters and one brother.

Remarking on Fournier's career, Van Pelt shared the story of how Fournier, while serving as a Green Beret dog handler in Vietnam, was saved by his dog during an attack in which the dog was killed.

He commended Fournier for continuing to serve as a fireman and continuing his education.

"Those kinds of Soldier stories throughout our history is what make the Army special," he said.

Addressing the retirees, Van Pelt thanked them for their service.

"We wish you the greatest success in the next portion of your life," he said. "Along with devotion to providing for your Families, you have dedicated your lives to something larger than yourself – to that Soldier next to you; to

that fireman next to you; and to the nation.

On behalf of a grateful nation, thank you for your service.

Chaplain (Maj.) Young D. Kim offered the opening prayer and the U.S. Army Materiel Command Band's brass quintet, led by Staff Sgt. Luis Ortiz provided the program's music.

### **Sgt. 1st Class Rodney J. Mayo**

Mayo was awarded the Army Meritorious Service Medal, the Department of the Army Certificate of Retirement and the Presidential Certificate of Appreciation.

A native of Philadelphia, Pa., Mayo enlisted in the Army in 1986. He served five tours overseas in Panama, Korea, Saudi Arabia, Egypt, Qatar and Pakistan and numerous stateside assignments. He ends his career as a frequency manager with Headquarters and Headquarters Company, 20th Support Command (CBRNE).

His military awards include the Army Commendation and Achievement medals and the Armed Forces and Global War on Terrorism Service and Expeditionary medals.

Mayo holds an associate degree in Technology from Pierce College and is pursuing a bachelor's degree in Management Studies with the University of Maryland.

He said he enjoys exercise, driving, vacations and movies and that his goals include obtaining employment in the management field.

Mayo, who arrived at APG in January 2007, said he officially retires in January 2009 with 22 years, 6 months and 16 days.

"I made a lot of good friend here and I had good friends take time out to come here for this [ceremony]," Mayo said.

He thanked his father for his "mentorship and support."

"He was my greatest inspiration over the years," he said. "The Army saved my life. I came in an old Soldier, traveled to places I never would have traveled to and left just a little bit older."

### **Andre' A. Fournier**

Fournier was awarded the Department of the Army Commander's Award for Civilian Service and the DA certificates of Retirement and Apprecia-

tion. His wife, Linda Marie received the APG Certificate of Appreciation signed by Col. Jeffrey S. Weissman, Garrison and deputy installation commander.

Fournier was born in Goffstown, N.H. and graduated from Peterborough High School. He joined the Army in 1970, and served in Vietnam with the 101st Airborne Division as a point man/dog handler.

His military awards include the Bronze Star Medal, the Purple Heart and the Vietnam Service and Campaign medals.

He began his civilian career as a firefighter with the APG Fire Department in 1973. He was promoted to Fire Protection Inspector in 1985 and to Fire Protection Specialist in 1994.

He holds a bachelor's degree in Fire Science from the University of Maryland and he is a graduate of Harford Community College and the Harford County Leadership Academy.

He is a member of the National Fire Academy, Fire Marshals of North America, the National Fire Protection Association and a life member of the Veterans of Foreign Wars and Disabled Ameri-

can Veterans.

Fournier and his wife Linda Marie have five children and five grandchildren with another on the way. He said he plans to tackle remodeling projects on his home and basically enjoy retirement with Family and friends in Havre de Grace.

Fournier recalled his career with pride, noting that over the years he got to spend time on several Army installations including one in Yong Son, Korea, and that he served as fire protection liaison for three presidents during their visits to APG.

He extended best wishes to his friends and coworkers in the Fire and Emergency Services division.

"Be all you can be," he said. "They are facing tough challenges with BRAC coming on and they have my utmost support even though I'm retired."

"This department is tops," he added. "Because of the diverse challenges that come with serving on APG we have to be the best of the best. Technology is growing fast and it's a challenge to keep up with it. After thirty-five years, I still don't know it all."



## Holiday Safety Open House set for Nov. 22

Story by  
**YVONNE JOHNSON**  
APG News

Mindful of the approaching holiday season and the safety hazards that come with it, the Garrison Directorate of Safety, Health and Environment's Fire and Emergency Services Division will host a Holiday Safety Open House 10 a.m. to 3 p.m. at the Aberdeen Area fire station, building 2200, Nov. 22.

Doug Farrington, fire protection inspector, said the purpose of the Open House is to promote awareness and prevention of hazards common to the holiday season.

"A lot of this information we planned to present during the Fall Fest but since it was cancelled we thought now would be a good time to reinforce the safety message," Farrington said.

Fire prevention activities and demonstrations will include Kitchen and Christmas tree fire safety, exit drill planning, and family house safety focusing on holiday decoration, extension cord use and turkey fryer safety.

The event will have a Fall Fest-type atmosphere. Army Community Service is providing a Bounce House, a 'Really Strange Museum' of unusual artifacts

from various sources, a Clothesline Project in which children design T-shirts with domestic violence prevention messages and face painting and caricature drawings from Nothin' Up My Sleeve Entertainment.

The Army Substance Abuse Program will give holiday safe driving tips and distribute information about the Red Ribbon campaign, the national drug prevention program; and the Directorate of Law Enforcement and Security will focus on holiday crime prevention, D.A.R.E., and community awareness.

In addition Child Youth Services will offer crafts and games on holiday safety.

Guest appearances will include Sparky the Fire Dog, McGruff the Crime Fighting Dog, Dora the Explorer and Sponge Bob.

"There may even be a visit from the 'Big Guy' in the red suit," Farrington said.

In addition a special mailbox will be posted at the firehouse for children to stop by and drop off letters to Santa from then until Christmas.

For more information, contact Farrington at 410-306-0572 or e-mail him at douglas.farrington@us.army.mil.

### Adventures in driving decision making

## Panic on the highway!

*Installation Safety Office*

"Adventures in driving decision making" is brought to everyone by the Installation Safety Office. These will appear on the "Safety" page in the *APG News* with a new scenario each week.

Read the following scenario and then from the options provided, select the best answer. The correct response is printed upside down.

**Driving Situation #8**

Imagine you're driving 50 mph on a two-lane country highway and you come upon a deer about 200 feet ahead standing at the edge of the road. What should you do?

A. Sound horn, hard brake, and ease off to medium brake to stop and proceed cautiously.

B. Medium brake to slow down to 40 mph to pass.

**Answer A.** Your choice to "sound horn, hard brake, and ease off to medium brake to stop and proceed cautiously" is the thing to do. You must have had some experience with deer. You know how unpredictable they can be. They're quick and if you see one deer, you'll probably see a second one. All too often people have found themselves too preoccupied with watching the deer that just jumped in front of them, that they don't see the one yet to come. The biggest cause of accidents involving deer is people swerving to avoid hitting them. So proceed cautiously – crawl past the deer. And even here, if the deer jumps just as you get up to him, you may hit him going 10 mph, but you'll keep control of your vehicle.

**Answer B.** Sorry, partner. Your choice to "medium brake to slow down to 40 mph to pass" is not the wise one. If you're only going to slow down to 40 mph then you might as well stay at 50 mph. Slowing that little won't do much for you. You won't have any chance of stopping if the deer should jump out. And, if you hit him at that speed, you'll stand a greater chance of losing control of your vehicle. Try reading Answer A.

## CSA

From front page

Gen. Casey explained that shortly after he began his job as chief of staff of the Army in April 2007, the development of the four imperatives occurred after hearing "chatter" about a hollow Army that was not ready. He said he went around the world with his wife talking to Soldiers, leaders and families. "What became clear to me is this is a hugely resilient, committed professional combat-seasoned force. And the evidence of that is what we're seeing in Iraq and Afghanistan," he said.

However, Gen. Casey said, "It was also clear to me that we were being stretched to operate at a pace that we can't sustain either from the perspective of sustaining our Soldiers and families and civilians, or from rebuilding the strategic flexibility to do other things."

Having to find the right words to talk about the condition of the Army publicly, "I started saying we're out of balance. We're not broken. We're not hollow,

we're out of balance." Gen. Casey explained that it that would, "take every bit of four years," to put the Army back in balance.

The first imperative, Sustain, refers to sustaining Soldiers, families and civilians. "They are the heart and soul of the Army. We restated our commitment to families, we doubled the amount of money we put toward Soldier and family programs, and hopefully you're starting to see some of the impact of that," Gen. Casey said.

The second imperative, Prepare, continues to prepare Soldiers for success in the current conflict. "You all contribute every day with the work you're doing here. I went to Iraq in June of 2004 and left in February of 2007, and I will tell you that the forces that we're sending to Iraq and Afghanistan have improved in leaps and bounds in terms of the (Army Team C4ISR) equipment that they're bringing with them," Gen. Casey said.

Gen. Casey explained that the third imperative, Reset, refers to bringing Soldiers and units back to a capability that allows them to begin preparing for their

next missions quickly and efficiently. The first element is equipping, "And I'm very impressed with what I see CECOM doing here getting out to the units and putting a team out there that fixes their communications equipment. It gets rave reviews every place I go around the Army, so good for you on that."

Also in terms of resetting the force, Gen. Casey said, "We are working to put every returning unit in the Army on a six-month unit reset model, because we are moving away from the garrison-based Army that lived to train as we did before Sept. 11th. Gen. Casey then likened the Army to a naval aircraft carrier returning to dry dock for six months. "Our expectation is that the same kind of thing goes on with our units - they establish property accountability, they put Soldiers on leave, they do changes of command, they start some new equipment fielding, and they send their noncommissioned officers off to their professional education."

Gen. Casey described the final imperative, Transform, using how the Army

prepared for dealing with the Cold War threat from the Soviet Union and Warsaw Pact nations during the 1970s and 1980s. The Army will now have to prepare to operate across a full spectrum -- from major conventional operations to irregular warfare to peacetime engagements.

"We can't optimize for one or the other. We have to build a force that is capable of effective operations across the spectrum. This is a much harder task for the Army. Fortunately, we have a combat-seasoned, experienced force that's capable of dealing with this."

One aspect of the imperative, Transform, touched an issue near and dear to the hearts of the Fort Monmouth audience -- Base Realignment and Closure. Gen. Casey placed BRAC in the context of larger realignment efforts being undertaken by the Army, including the return of forces from Europe and Korea, the growth of the Army by 75,000 Soldiers and the re-basing associated with those actions. "We will move about 380,000 Soldiers and families in the next three years. That's the largest re-basing of the

Army that anybody can remember, probably since World War II."

"It's an opportunity to reset ourselves to be the expeditionary force that we want. I was very pleased to see the efforts that have been going on here for the move, and to mitigate the impacts on people because that's very important to all of us."

In the address to more than 230 cadet candidates and their USMAPS instructors, cadre and leadership, General Casey praised the service of the men and women serving in today's Army.

Gen. Casey noted that last year, approximately 290,000 men and women enlisted or re-enlisted in the Army, including the Army National Guard and Reserve. "Every one of those men and women, just like you, enlisted knowing their nation was at war and that they would go to war [or] lead Soldiers into war," he said.

"That speaks an awful lot about your character and the character of the men and women serving in the United States Army today," Gen. Casey told the cadet candidates.

Gen. Casey noted that

last Memorial Day he laid a wreath at Arlington National Cemetery and spoke at the Vietnam Veterans Memorial and he and his wife also visited the Korean War and World War II Veterans Memorials.

"I was struck by two things," he said "By the scope of the loss represented, but I was also struck by how lucky we are as a nation to have generation after generation of men and women who are willing to serve. And you represent another generation that is willing to serve our nation and protect our values and ideals from the threat of extremist terror."

Also during Gen. Casey's visit, he received several presentations and demonstrations of Army Team C4ISR technologies including Blue Force Tracking, electro-optic/infrared radars and other systems which support the Warfighter.

The visit provided the CECOM LCMC an opportunity to highlight numerous accomplishments supporting America's warfighters. It had been almost 10 years since Fort Monmouth was honored by a visit by a chief of staff of the Army.

# Harvest

From front page

“I wear a cross on my uniform, but most people do not wear a visible sign,” Lester said. “People can tell when you are Christians though, because when we accept Him he puts a light inside of us. When you accept Christ, you will be filled with His love and people will know you are Christians.”

After Lester’s message, attendees were dismissed to take part in the event’s activities in the fellowship hall, and outside. Some of the event’s activities included face painting, bowling, crafts, a bounce house and a cake walk.

Attendees also dined on “kid-friendly” food like cotton candy, hot dogs and pizza.

Part of the fun was that attendees were invited to come dressed up as their favorite Biblical character or saint.

Paul Miller, who dressed up as Saint Michael the Archangel, the patron saint of police officers, emergency medical technicians and paramedics and is known for casting evil angels out of Heaven.

Miller said he enjoyed putting together his costume for the event.

“When I heard that we were supposed to dress up as a Biblical character or

saint I changed my costume,” he said. “Dressing up as a saint gave me the opportunity dress up in a unique costume and I had fun putting it together.”

Miller’s mother, Brenda Daigle, dressed up as Saint Monica, the patron saint of mothers and wives.

“When I was confirmed I took her as my saint, so this costume has a special meaning for me,” Daigle said. “I encouraged my children to pick a costume for tonight that had a special meaning to them.”

To add to the event staff from APG’s Fire and Emergency Services Division gave tours of a fire truck and ambulance.

John Frank, who is an APG firefighter, said that APG’s Fire and Emergency Services Division wants to be involved in community programs so that they can teach the community about fire prevention.

“We want to show young children what a real firefighter looks like so that if there is a fire, they will run towards us not away from us,” Frank said.

“My favorite activity of the night is going in the ambulance and the fire truck,” said 8-year old Bishop Burch. “That is something you can’t do everyday.”

Merkel said the tours were very popular with the children and their parents and she is very grateful for the support of APG’s Fire and Emergency Services.



Chaplain (Capt.) James Lester, 61st Ordnance Brigade, gave a short message to attendees during the Hallelujah Harvest at the Main Post Chapel on Oct. 31. Lester used the pumpkin to illustrate how Christians are changed when they accept Jesus as their Savior.

“The staff was very helpful, much appreciated, and added so much to the festivities,” Merkel said.

Merkel also thanked the group of about 35 volunteers, including 10 Soldiers from the Ordnance Center and Schools that helped run the activity booths.

James Walker, who has a 9-year old daughter, said he wanted his daughter to attend the Hallelujah Harvest instead of trick-or-treating because he didn’t want her going to unfamiliar houses.

“This event is also a fun event for the whole Family, and it brings the community together, and

allows Lauren to spend time with her friends,” added Renee Walker, James’ wife. “I feel like it is a more positive activity than trick-or-treating.”

Zoe Carter, another parent, agreed that she was happy to have an alternative to Halloween, for her children.

“I don’t believe in celebrating Halloween, and I encourage my children to go to church and be involved in the church’s activities so I am glad that this activity is available to us,” Carter said. “This activity is a great way to meet new people, give back to the community, and I think it is a positive alternative to Halloween.”



John Frank, left, an APG firefighter, shows Ben Losoya, equipment in the fire truck during Hallelujah Harvest as staff from APG Garrison Fire and Emergency Services Division gave tours of a fire truck and ambulance to raise community awareness of fire prevention and safety.



Members of the Catholic congregation, Brenda Daigle, right, dressed as Saint Monica, patron saint of mothers and wives, and her daughters, Grace Daigle, bottom, dressed as a guardian angel, and Nicole Smith, left, dressed as Judith, who, according to Catholic tradition, delivered Jerusalem from Nebuchadnezzar. Attendees were encouraged to dress as Biblical characters or saints during Hallelujah Harvest, an event for Families that is an alternative to the Halloween.

# Retiree

From front page

nation, and we salute you.”

After Weissman’s welcoming remarks, Robinson recognized two retirees who fought in three wars - World War II, Korea and Vietnam.

“I can’t thank you enough for your service and for the example you have set for the standards that you have established, the sacrifices that you and your Families have made,” he said. “Some of you might ask, who is answering the call now? There are great young women and men that are answering the call now. These are superb individuals that are honored to follow in your footsteps, the paths that you have established and laid out. In this time of persistent conflict we must continue to strive to encourage the rest of the population to give back and to serve in some fashion, the way each and every one of you have. We need you to work within your communities to make sure the propensity to serve is there.”

Robinson remarked that Soldiers now wear Army Combat Uniforms when they travel to remind people that America is a country at war.

“We want to remind people that the Army is carrying the weight,” he said.

Robinson told the attendees that base realignment and closure is changing APG, but the installation’s commitment to serving Soldiers will not change.

“When you drove through the gate today you could see that there are many construction projects going on,” Robinson said. “In terms of construction APG has a total of 1.5 billion dollars of new construction planned through 2011. This includes infrastructure and information technology upgrades at both the Aberdeen and Edgewood locations.”

Robinson said that the civilian population will increase while the military population will decrease. Robinson said that APG leaders and the APG Retiree Council are committed to making sure they are serving the needs of the active duty population and the retiree population.

“We need to be able to ensure that the capabilities here remain focused on the active-duty population and the retiree population off of the installation,” Robinson said.

“The Army wants to ensure that we protect your well-earned rights. It is what you have earned, to pay back the debt. I am convinced that once you are a Soldier you are always a Soldier.”

After Robinson’s remarks Quintero spoke. Quintero retired from the Army after 20 years of service, and said that every day he is happy to come to work to be able to have the chance to help military retirees and their Families

receive the benefits they deserve.

Quintero said that as he travels and works with retirees, the feedback that he has gotten is that retirement services have gotten better in recent years. “We really work hard to work with our Soldiers today, and we want to expand that mission,” he said.

Quintero added that their job could not be done without the assistance from the garrison and Installation Management Command.

Quintero said the Army has improved in helping active-duty Soldiers make the transition to retirement.

“Retirement is not an event, it is a process,” he said. “At our office we take a hard look at that to take care of our Soldiers and their Families.”

Quintero said that the mission of his office is threefold, pre-retirement - to help Soldiers and Families make informed decisions and smooth transitions; active duty death benefits - to help Families maximize benefits through the best Survivor Benefit Plan election; and post retirement - to support retired Soldiers and their survivors until death.

Quintero said the retiree population is growing. In 1993 the retiree population became larger than the active-duty population, and it is only increasing. Quintero said each year approximately 28,000 Soldiers retire, and that there are more than a million military retirees.

“The Retiree Services Office is doing everything we can to make it better for you for now and in the future,” Quintero said. “We want to make sure you get the message out there that there are Retiree Service Officers, more commonly known as RSOs, out there who are trained and ready to help.”

Quintero told attendees that when they have a problem with their benefits they need to talk to their RSOs, calling them “the key to success.”

Quintero said RSOs oversee the installation Retiree Council and ensure commanders know what retirees offer them and what retirees need from commanders. Quintero said that by going to his office’s Web site, [www.armyg1.army.mil/retire](http://www.armyg1.army.mil/retire), retirees and their Families can find their RSO’s name and contact information.

Quintero added that the Army Chief of Staff Retiree Council has the eyes and ears on retirement issues and works to make sure that retirees are getting the benefits they deserve.

Quintero offered the example that an RSO suggested putting an icon on Army Knowledge Online, [www.us.army.mil](http://www.us.army.mil) to make it easier for retirees and their Families to find pertinent information on AKO.

“AKO offers a free email account to retirees and their Fam-

ilies. It is also a great information resource for retirees, a good way to stay connected,” Quintero said.

Quintero emphasized that it is important for military retirees to stay connected and informed about what is going on in the government, especially the military.

He added that Army Echoes magazine, published for military retirees and issued through DA, is also a good way to stay informed. The magazine’s current and previous issues can also be found online at <http://www.armyg1.army.mil/RSO/echoes.asp>.

Quintero said that retirees should also look at local retiree bulletins which RSOs publish once a year, for updates on veteran’s benefits.

Quintero added that by visiting <http://thomas.loc.gov>, users can stay current on legislation that might have an impact on military retirees and their Families.

Quintero stressed that his office is committed to making sure that military retirees and their Families get the benefits that they deserve.

He said that when an active duty Soldier dies, their office and RSOs make it a priority to ensure that their Families get the most money from their survivor benefit plan.

There is also a Forgotten Widow Survivor Benefits Program, which has been available since December 1997 designed to give money to spouses who, if their Soldier had lived, would have enrolled in SBP.

Quintero told attendees to tell others about the programs that their office offers.

He said health care is the number one concern among retirees, and so it is Retiree Council’s number one concern.

“TRICARE and TRICARE-for-Life is a great program, and is a model for a National healthcare plan,” he said adding that retirees should consult TRICARE Health Benefits Advisors who are TRICARE experts if they have any concerns.

Quintero said another benefit to retirees is that they can earn \$2,000 for referrals if the referral results in an enlistment and if the Soldier successfully completes basic and advanced training. For more information call 800-233-3735 ext. 6-0473.

Quintero concluded by encouraging attendees to tell other retirees about the programs offered to them and to find ways to honor their service, by being a positive influence in their community, and continuing to live the Army values.

Quintero said that the Retiree Services Office now issues car decals and pins which reinforces the fact that they are still serving.

Quintero said another important way to promote Army val-

ues is saluting the American flag. A recent law has passed that permits retiree veterans, not in uniform, to render a hand salute whenever they see the flag.

Quintero concluded his remarks by asking attendees to remember and support active-duty Soldiers.

“Keep the active-duty Soldiers in your prayers. They are off fighting a war, just like many of you have fought a war,” he said. “We are not just an Army at war. We are a nation at war.”

For more information provided by the Army Retirement Services Office go to [www.armyg1.army.mil/retire](http://www.armyg1.army.mil/retire).

## CRSC

Arthur Cooper, president of the Fort Meade chapter of The Retired Enlisted Association, talked to attendees about the Combat Related Special Compensation, a congressionally mandated benefit program that provides additional income to disabled veterans who were injured in combat. Eligible veterans with 20 years or more of service that have combat related VA-rated injuries will no longer have their military retirement pay reduced by their VA compensation.

“CRSC is free money for those that qualify,” Cooper said. “Those of you currently serving, before you leave your service, make sure you get your rating from Veteran Affairs, so once you retire you can get two checks as opposed to one. It is imperative that everyone goes to the VA. You cannot get a CRSC unless you go to the VA to get a VA disability rating.”

For more information, visit the CRSC Web site, [www.crsc.army.mil](http://www.crsc.army.mil) or call toll free 866-281-3254.

## Maryland Retired Veterans Task Force

Retired Navy Lt. Edward Kreiner, who serves as chair of Maryland Retired Veterans Task Force and chair of Harford County Veterans Commission, gave a presentation on Veterans Rights and Benefits.

Kreiner said that the Maryland Veterans Task Force fought for a \$5,000 tax reduction in military retirement pay. “We fought hard for that reduction, and we are still fighting,” Kreiner said.

He said there are 28 separate military organizations in the state of Maryland, and 500,000 retired veterans in the state of Maryland. The third largest group of military retirees resides in Harford County.

Kriener said veterans and their Families need to make their voices heard by calling their legislators.

“We want veterans to make a difference by contacting legislators to let them know that we want their support,” he said. “It is up to

you. When you talk to them ask them if they support veterans. If they say yes, then ask them to tell you how they support veterans.

“There are enough veterans in this state and their Families who can elect or remove anyone in office or the Maryland General Assembly,” Kreiner said. “Support legislation by being active with it.”

Kreiner offered advice to veterans and Families.

“Make sure you make copies of important documents. When a veteran passes on, the spouse will need those documents in a folder in a designated place,” Kreiner said. “Never close your joint bank account. Checks come later in life that you may not expect, it is easier to cash a veteran’s check when you still have joint account.”

For more information about The Retired Enlisted Association visit [www.trea.org](http://www.trea.org).

After the program, attendees remarked on the benefits of the program.

Dorris Tisdale, who retired from the military in 2004, said that this was her first military retiree appreciation program.

“I went to get updates on the benefits are offered to me,” Tisdale said. “I am glad that I attended, as the program presented useful information that will help me now and in the future.”

Victor Bierlair, who retired in 1970, said he comes to the program every year to get updated on what is happening in the military.

“I like to get the chance to be able to directly talk to the people involved with my benefits like Social Security,” Bielair said.

Nancy Sewell, chair of the Combined Federal Campaign, was present to give attendees information about this year’s CFC and to raise money.

“It was well worth my time to come, Sewell said. “We were able to promote the CFC and raise money for this year’s campaign. I had no idea that this was such a big program. My husband is retired military and I was able to learn useful information during the program, as well as receive a free flu shot.”

Mary Maskell-Campa, a Social Security Administration technical expert, located in Abingdon, Md. was available to answer questions to retirees about Social Security.

“This program is a great time for me to interact with retirees and answer their questions,” she said. “I urge any military with questions to contact our office. We owe a lot to the military, and Social Security benefits is one way we pay them back for their service to our country.”

For more information about Social Security visit [www.socialsecurity.gov](http://www.socialsecurity.gov), or call toll-free, 800-722-1213.